



SWIM COURSE

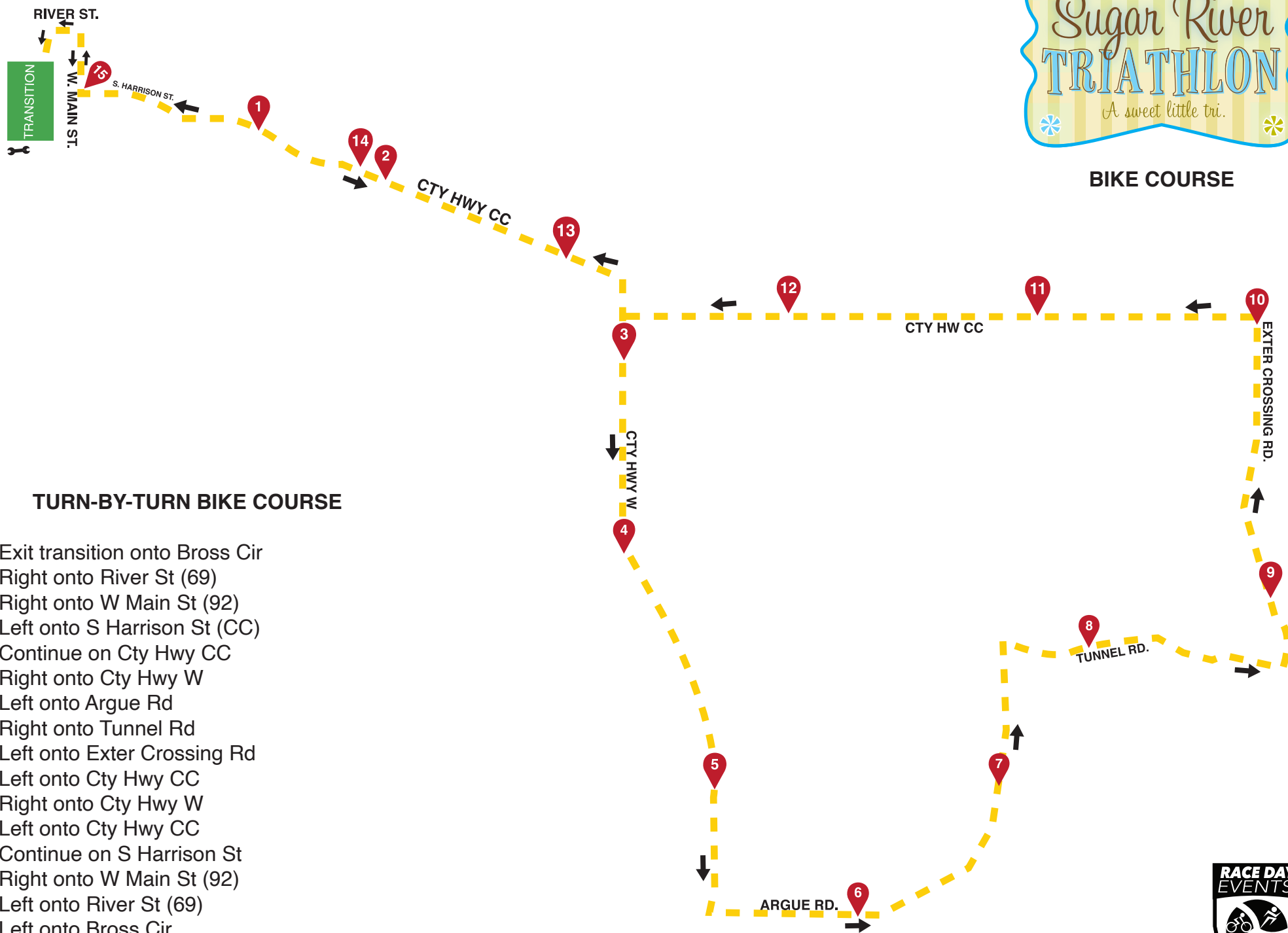
KEY

- MILE MARKER
- AID STATION
- BIKE TECH
- COURSE DIRECTION
- COURSE
- TRANSITION





BIKE COURSE



TURN-BY-TURN BIKE COURSE

- Exit transition onto Bross Cir
- Right onto River St (69)
- Right onto W Main St (92)
- Left onto S Harrison St (CC)
- Continue on Cty Hwy CC
- Right onto Cty Hwy W
- Left onto Argue Rd
- Right onto Tunnel Rd
- Left onto Exter Crossing Rd
- Left onto Cty Hwy CC
- Right onto Cty Hwy W
- Left onto Cty Hwy CC
- Continue on S Harrison St
- Right onto W Main St (92)
- Left onto River St (69)
- Left onto Bross Cir



TURN-BY-TURN RUN COURSE

- Exit transition & cross field
- North onto bike path
- Continue on Bellrose St
- Right onto Karl Ave
- Left onto Jon St
- Continue on Bowlavard Ave
- Left onto Welch St
- Right onto Richard St
- *** TURN AROUND ***
- Left onto Welch St
- Right on Bowlavard Ave
- Continue on Jon St
- Right onto Karl Ave
- Left onto Bellrose St
- Continue on bike path
- Stay to the right in the park



RUN COURSE

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